



4

Gido
Amagakure

sweetness
& lightning

稲妻と甘々 4

Sweetness & Lightning
Side Amagohara

雨 隠 丰 ト



c o n t e n t s

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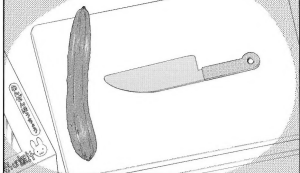
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Box: "Safety Knife - Made For Safety"



...man...



JITTER

JITTER

IF I practice with this, I'm sure I'll be able to use a knife perfectly in front of them.

The blade's rounded, so I'll be fine.



Chapter 16 Springy Shredded Cabbage and *Shougayaki

*Ginger-Fried Pork





Sign "Math Prep Room"









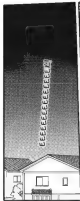


























...I used
a knife
without
telling my
parents.



When
I was
little...



...



But...

...I wanted
to do my
best.



I cut
myself and
had to have
stitches!

Oww...

...and I'd
seen them
do it lots of
times, so I
thought
I'd be okay,
but...

I was
in third
grade...



...having
their
child get
hurt when
they're not
around.

That has
to be
rough for a
parent...





Tsu...
Tsumugi-
san?

No
more!



NO!



HA
HA
Back
to
work...

Huh?

...makes me
want to try
even harder.



That's
why I'm
practic-
ing!

It'll be
okay this
time.



B-
bad?

You're
bad at it,
Daddy!
So no!



Then I'm
gonna
close my
eyes!

I can't
quit...

...and
leave you
scared
forever.











fine



But near the end, they got nice and thin!

Like this!

Wow! They're so thin...

The ones from when I started are thick, aren't they?



おぉ〜
OOOH!



If I practice with a knife, can I get good like you, Daddy?





Then dredge with flour and pat.

Make 3-4 small cuts in the pork.

First, fry up the onion with sake, soy sauce, and grated ginger. This is a dance to make the onion soft.



Back to making pork
SHOUGAYAKU!



Put the meat back in the frying pan and cover it with the sauce...

Take out the meat, pour the sauce into the frying pan, and bring to a boil.



Okay!

Then keep on frying!







SHOUC-AYAKI CHINESE-POLED POTTS

☆ Ingredients ☆ Series 3

- 1 onion
- 3 cabbage leaves
- 4-5 slices of pork loin (thick)
- Some vegetables as oil flour
- Side vegetables (mushrooms, cucumbers, boiled broccoli, etc.)

- (A) 1 Tbsp each of soy sauce, salt, and mirin, 10 g grated ginger
- (B) 1 1/2 Tbsp each of soy sauce and salt, slab of grated ginger

Steps

- 1 Chop the onion into thin slices. Mix (Group A Ingredients)
- 2 Soak the cabbage and soak in hot water for several minutes to make it crisp. Drain.



- 3 Heat vegetables oil in the frying pan and fry as the onion from step 1. Once it softens up, add Group B. Remove the onion when the sauce mixture has evaporated.
- 4 Make 3-4 small cuts in the pork. Then dredge with flour and salt. Fry 3-4 pieces of pork on a fire, both sides, and then remove when they're browned.
- 5 Pour half of the Hooroughly soaked Group A into the frying pan from step 3, and bring to a boil. Put half of the pork back in and simmer until the sauce. Once it's done, take it out and repeat with the other half.
- 6 Put the cabbage from step 2 onto a plate, arrange the onion from step 3 in front, and place the pork on top. Add the side vegetables.





Sealed Away







HUH?









Her first crepe will be homemade by her daddy!



Carton Milk Tea



*Pac/Pic Soury







Tsu-
mugi?



SHEESH!!

WANT 2?

TALK

SHEESH!

T-talk...
about girls?



Hm?

What hap-
pened?



Here.

GASP



...I
see.



Well...









There's nothing!

If there's anything still bothering you...



Hm?

...Tsu-mugi?



CRE
CRE
CRE...

はた
PM

はた
PM T=

I JUST
CAN'T
WAIT
TO EAT
THOSE
CREPES!



Did she
really
make up
with
them, I
wonder?

Hellooo...

Welcome!

Hey.

...o?!

She's
so
happy!

Why
are you
here?

Why?
Why?

Huh?
You
too,
Yagi?

Huh?
Huh?







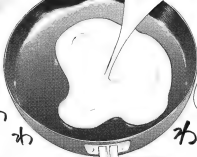








し
す
す
わ



Now
cook...

...the
crepe
batter!

わ

わ



Tsu-
mugi-
chan!

Let's fold
up the
crepes
together!



Let's
whip the
cream,
too!

Aah...

Once the
edges turn
brown,
turn it
over...



Spread
out!

お
お
お



But
they're
pretty
sturdy...

Alloy!

They're
so
soft!

Today
we're not
doing
it the
triangle
way.

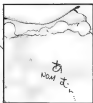
Let's
fold them
over like a
letter.



...
We did
it!



Okay!



And the class knew I liked to eat.

We want to have a new item for the menu.

Yeah.

There's a fair called... a culture festival.

The people in your class?

...and that makes everybody happy, that makes me really happy!

So you see, if I do what I like...

I've never really talked to them...

...but they still knew what I liked.

So they asked me to try and find one.

...aren't happy about what I like.

You're lucky.

My friends...

...

You don't know that they'll be happy yet.

Don't make me like this!







Like how
making
food is
fun!



I like
it.

I like
working
hard.









So can you
be Yoshiko-
chan with me,
Hana-chan?



I'm gonna
be Mr.
Galigali.

Yeah!

This is
gonna
be the
best
play
ever!

Wh...

Whew...

Yeah...!





And Here...

The day of the play



Meanwhile, Kotori...



Chapter 17: End



SWEET POTATO AND CREAM CHIFFES

☆ Ingredients ☆ Serves Ten (20 portions)

♥ BATTER

300 cc milk 30 g butter 80 g weak flour
20 g granulated sugar 100 g eggs

◆ SWEET POTATO CREAM

250 g sweet potatoes (peeled)
30 g granulated sugar 100 cc milk

● WHIPPED CREAM

Group A: 300 cc cream 30 g granulated sugar
Some Crushed Almonds

Steps!



1. Make the batter. Bring the milk to room temperature. Put the butter in frying pan on medium heat. Once the bubbles in the butter disappear and it turns a light brown, take it off the heat and cool on top of a wet cloth.
2. Soften the weak flour into a bowl, add the granulated sugar, and stir well. Make a little depression in the center, add the eggs, and mix. Add in the butter from step 1 and mix thoroughly.

★ TIP! ★

Leave any remaining butter in the frying pan.



3. Add the milk from step 1 little by little into the ingredients from step 2, stirring as you go. Let the batter sit in a cool place for around an hour.
4. Make the sweet potato cream. Cut the sweet potatoes into 1-cm slices, and place them in water to get rid of any bitterness. Soak about 30 minutes, then squeeze, take them out, and put them in a bowl with 1 tbsp of water. Stir and microwave for 5 minutes.

★ TIP! ★

If a lumpy skin, pass through sieve/strainer.

5. Mix the ingredients in step 4 with a mixer and mix in the granulated sugar. Beat the milk and stir in little by little.

★ TIP! ★
Remember add a little bit of salt if you want to give it a little more taste.



6. Place the ingredients from 4 into a bowl, then place that bowl into a larger bowl which you have filled with ice water. Whip the cream with it, at the point where it turns stiff peaks.

7. Heat the frying pan from step 2 on medium heat and wipe away excess.

8. Add the batter with a proper bowl.

9. Cook approximately 40 sec of the batter into the center of the pan, because it cut in a circle by lifting the pan. Move the frying pan so that all parts are heated evenly.

★ TIP! ★
It's not a good idea to mix with milk and sugar from one bowl to fry.



★ TIP! ★
Before you cook, cut 100 cc of water into the bowl to see how much you need. Then you can just control it.

9. Once the edges of the crisp start turning brown, take the pan off the heat. Stretch the edges of the crisp, and flip it. Fry back to fry. Put the pan back on the fire and in 20 seconds it's done!

10. Repeat steps 8 and 9 to cook the batter. Put about 30 g each (approximate) 5/10th of the total of sweet potato cream and whipped cream on every crisp. Add some crushed almonds, wrap it up, and you're done!



★ TIP! ★
Don't get burning the frying pan!

I'm going to
sleep in this
tonight!

After the play



That looks
hard to
sleep in.

☹

* Small Potatoes and Braised Burdock Root, with Carrot





180-4

...you'll
get fat.

Okay?









Nah.

Hmm...



Nah...

Go ahead.

Sorry, I got a call from work.



Huh?

Maybe you should ask your dad, too?



Okay.

GLASS



He looks too busy.

I see.



* Boiled vegetables, soaked in dashi-based sauce









Yes.
I can't really think of anything I want to do.



I see.

Sesame seed bagel with cream cheese



You managed to make a boxed lunch, so you'll be fine.



If you're going to make a side dish, you should think about the main dish and what order you're going to do them in.



Hey!

You
wanna
come?

HURP

We're
going to
get some
crepes
on the
way
home!

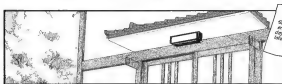
Iida-
san!

I'll
come!

Yeah!

ちやっ
GLANCE

THUMBS
UP!
C~!



Right then, let's get to work.

But I think lining up kobachi... will be just as exciting!

It was so much fun...

I got to try a bunch of different kinds!

KINPIRA?

Ingredients

- 40 g burdock root
- 40 g carrots
- 1/2 Tbsp sesame oil
- Some roasted sesame seeds

Seasonings

- 4 tsp soy sauce
- 3 Tbsp mirin
- 3 Tbsp sake

Okay, so for today I'd like to make kinpira gobo!

...the child of Kintaro-san, right?

Kin-pira is...

I can eat it!

Tsumugi, you can eat kinpira, right?



So if you eat it, you get super strong!

So I'm gonna eat it!



That's what Mommy said.

Yeah!

Is that so?

I'll look that up later...



...you can change it up and use lotus root or daikon radish instead, or add konnyaku or mushrooms.

Once you know how to make it...

I see.



You should have some, Daddy.

Oh, I see. We haven't been eating any lately.

You're right. Daddy's gotta get strong.

So you'll get strong













ooh.

SLICE

SLICE

which is
easy to do
and lets
you enjoy the
texture
when you
eat it?

close!

put the side you
cut facedown to
keep it stable.

So!
Now you'll
cut it into
thin diagonal
slices,

Okay,
I'll do the
rest.

I did
it...



?

Oh.

Really?
Dune...

Huh?

Really?
Rrr...

おーこた

You're
good
at that,
Daddy!



Then
fry for
another
minute.

SLICE

Fry over
medium
heat for
three to
four min-
utes and
then add
the car-
rots.



Now
pour the
sesame
oil in the
pan...

...and
start
frying the
burdock
root.

It smells good!

It really does!

GASP

は

SOUL

And then add the seasonings.

ふふふ

わ



Kinpira gobou!

...add the sesame seeds...

Boil it down for four to five minutes until all the liquid is gone...

STEAM

STEAM

Wow!

ア

...and it's done!



Oh, let's fry the minced onions in sesame seed oil.

The hamburger is the same recipe as last time.

Ooh!

I hear it goes well with mushroom soup!

But...

...we're not done yet!

Oh yeah!

Once the surface of the hamburger is browned, fill the pan with sliced shiitake and shimeji mushrooms.

Then add water, mirin, and soy sauce, and steam it.

Once the sauce boils down, it's done.

Ok.

It's actually pretty simple.

Smells good.

Since we made them at home, again.

I can shape them, too!

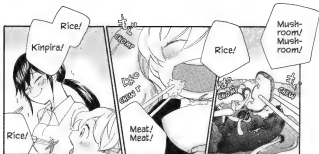
I can
shape
time,
too!

11/10/2010
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HUH?

Soccer, too. Hana-chan says she's doing that.

Um, do you want to do ballet?

Like. At a school?

How much does it cost?

Is ballet, um, something you learn?

It's like... everybody's doing stuff, and it seems fun.

There's a bunch of stuff.

Or baseball.

It looks really great.

Can I try those things, Daddy?

I kinda wanna do it.







Chapter 18: End

100 g carrot (cut into 4 small fry shapes each of the carrot)
 150 g burdock root 1/2 Tbsp sesame oil
 Some roasted sesame seeds (optional)



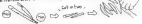
- ① If too salty, reduce 3 Tbsp each of mirin, sake
- ② Note! Don't use cast-iron frying pans or knives. The burdock root will turn black.

1. Peel the carrot and slice off about 1 cm from each side to make square edges. Slice thinly into pieces about the same size as you will cut the burdock root.



2. Wash the dirt off the burdock root and scrub lightly with a scrub brush.

④ **POINT** A lot of the flavor of the burdock root is in its skin, so don't scrub that part off.
 Cut into the root from the thickest and pull it towards you to split it down the middle. Put this side you cut the root to keep it stable.



⑤ **POINT** Don't soak it in water because you'll lose the scent and flavor. Be ready to fry as soon as you cut it.

3. Put the sesame oil into the frying pan and fry the burdock root from step 2. Fry on medium heat for 3-4 minutes, and then add the carrot from step 1. Fry for an additional minute and then add the ingredients from Group A.

4. Boil it down for 4-5 minutes until the liquid is gone, then add roasted sesame seeds and you're done.















Here
you
are!



That's
right.

So
here's
where you
make it
sizzle,
huh?

I can't
wait!



ooh!



Pork
and squid
okono-
miyaki.



OH NO!

It's the
type of
restaurant
where it
comes
pre-made!

Mix
it?

...P



HMM...

Zzz







Tsu-
mugi?

We
really
didn't
get to
eat, did
we...



...my
mom's
got time
next week.

So...

Lim...

Sensei...

She
says if
we're
getting
together,
she wants
to join
in!



I see.

Oh,
I'm a little
relieved.

Explaining

It would
be sad if
that were
her first
memory
of okono-
miyaki.

Let's do it,
Sensei!

Then, do
you want
to make
okono-
miyaki?!

That's it!

Would
that be
okay?

Let's
get you
back in
her good
graces!

You're...
right,
yeah!

I'll talk
to her.

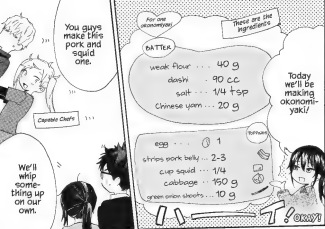


















Oh...

Yeah.

Since your mom said she couldn't come.

Huh?

Cut the squid into small strips.

What about you? Are you okay?



I kind of wish she'd told me sooner...
...that she couldn't be here today.

I kind of feel like...
...I'm being left out of the loop.



I know she's busy! And her job is important!

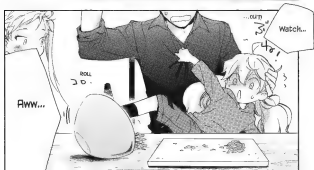
No, it's not like that!



But...

Well...

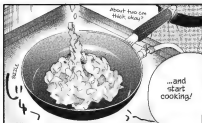












Eat it
while
it's still
hot.

Wow!
We
can?!

CLUSTED

I'm making
the next one
so you guys
can eat.

Oh!
It looks
delicious!



Did I
make it
in time?



Mom?!





Cheers!

All right,
now that
we're all
here...?

++
sauce ?

First
try the
pork and
squid one
Daddy's
team made.

Let's eat
it with a
sauce!

This
one's
the one
Yagi-chin
made
with beef
tendon
and kon-
yaku.

++
sauce

The
meat's
crispy!

++
sauce ?

And this
is the one
Kotori's
mom made
with mush-
rooms.

Let's eat it with a
sauce!

あ
AAA!

**Let's
eat!**



It's better than the one I had at the restaurant!

How? How?



No, it really is good.

How? Really?

You're not praising me too much?



It's good!

OOH!



YEAH? YEAH?
3.4 3.4

HEE HEE...

The reason your dad's okonomiyaki tastes so good, Tsumugi-chan...

Mind over matter...

That's Kotori's mom for you... She can say stuff like that so casually!

Delicious~

...is because he made it filled with his affection for you!

I see!

She did blush after she said it.

I...I meant more about how he'd spent a lot of effort learning how to cook for her...

So that's what yumminess is.

I see...

Yes...

So is affection like...
...love?



Chapter 19: End

OKONOMIYAKI

Ingredients

Cooking
equipment

This recipe is for
one okonomiyaki.



BATTER

- 40 cc bonito stock
- 94 tsp salt
- 40 g weak flour
- 30 g Chinese yam

TOPPING

- 150 g cabbage
- 14 shiitake squid
- 10 g green onion shoots
- 2-3 strips pork belly
- 1 egg

POINT

Add whatever vegetables you want, like Komuro's Radish, pickled ginger, kamabiko, shishito mushrooms, or chrysanthemum.

Some vegetable oil
Some sauce, mayonnaise, katsuobushi, onions, etc.



Steps

- 1 Make the stock, cool it, and add salt.
- 2 Sift the weak flour into a bowl and mix in the ingredients from step 1 slowly so it doesn't clump.
- 3 Grate the Chinese yam and mix it in. Then let rest for a while.
- 4 Cut the cabbage into 1 cm squares, and make sure it's dry. Cut the squid into small strips. Chop the green onion shoots into slightly large pieces. Cut each pork belly strip into 4-5 pieces.
- 5 Put the cabbage, squid, and green onion from step 4 into a bowl and add the ingredients from step 3. Crack the egg in and give everything a mix.
- 6 Pour a thin layer of oil into the frying pan and add the ingredients from step 5, spreading the batter out across the pan so that it's about 3 cm thick. Spread the edges with a spatula. Lay up the pork belly from step 4 on top of the batter.
- 7 Fry for 3 minutes and then flip. Cover with a lid and fry for 4 minutes. Flip again and cook for 3 minutes with the lid off.
- 8 Transfer to a plate and add the sauce and mayonnaise, katsuobushi and onion, and it's done.

CLIP
Icons
Saver

POINT

Use the flipper for each okonomiyaki yet before you flip it if you are spread it out, by the time you're done cooking, the meat will be gone and it might not be good.

Warning





Chapter 20 Christmas and Beef Stew



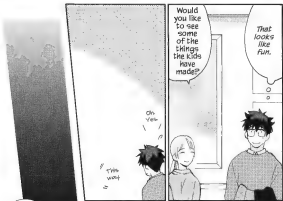
Sign: Kid's Class



As you can see...

...this preschool class is mostly kids under six who haven't started school yet...







Over-seas!

No, no.
Santa exists!

Uh...
Huh?
Um...

Wow.
That must
be a tough
job...

Well that's
creative

Santa
power!

And
Santa
gave
Daddy his
power!

I want
Santa
power,
too!

But
that's
great!

I'm sorry.
I don't
have that
one.

Wh...
what about
rein-
deer
power?

Oh...

What's
that?

It's...it's
the power
to give
presents
to the
people
you love!











Hey.



Why would you
say something
like that?



Wah

STAGGER
C.O.S.



...to have
Christmas
without a
mom.

No
reason.

I was just
wondering
what it's
like...







Here,
Yagi-
chan!

Merry
Christ-
mas!

12/29



Yeah!

I'm
Tsumugi
Santa!



You
made it
in art
class?



An
omen!

What
is it?

Oh,
thanks!



Okay,
then.

Why don't
we make
another
present
right now...
...and
surprise
your dad?



Yup!
I got Santa
power, and
I'm sharing
it with
everyone!

Wow,
you're
Santa,
huh?











Yeah.



Isn't that the case with you, too?



Huh? What are you guys doing here?



Tsumugi, I'm back...



I'll bring it to him later.

How can we give it to Daddy so it'll be a surprise?



I hope he likes the cake!



Bye bye!

See you!

Bye, Tsumugi-chan!

Thank you!



Sign: Pie Poetry







Let's let the pressure cooker do its job and cut out the shapes from the pastry!



It's okay! It's German!

Is it gonna blow up?

Book: Manual



Daddy, look! Look!

Maybe it looks like a deer?

It's a tree, but...



Last year...

It's a deer!



I wonder if it's real...

...we really
didn't get
to do this.

So this
year...

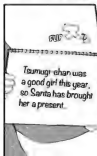






だ、だ
—
DING
DONG!













Thank
you...



You liked
it that
much, huh?

I could
have that
for dinner
tonight!

wasn't
it?

And that
pie
delivered
in time
to make
pie!

She took
that
from
your
hand
which
is a
mess
wonder!

The pie we
had this
morning
was
yummy,



Christmas was fun...



Chapter 20: End

Beef
Stew



BEEF STEW



☆ Ingredients ☆ Level: II

1/4 onion, 1 carrot, 1 clove garlic, 500 g beef flank (steak)
Some salt and pepper, 300 cc red wine, 6 mushrooms

- (A) 10 g butter, 1/4 Tbsp vegetable oil
(B) 300 cc water, 100 g canned tomatoes, 1 can tomato paste, 1/4 tsp salt
Thoroughly wash each piece of vegetable, wash and dry beef, heat with a string.
(C) 10 g butter, 1/4 Tbsp vegetable oil

Steps

1. Mince 1/2 of an onion and 1/4 of the carrot. Thinly slice the garlic. Cut the beef into 8 or 9 even portions and season with salt and pepper.
2. Heat A ingredients in a frying pan and add the beef from step 1. Sear the meat on high heat. Once all sides are browned, take it out and transfer to a pressure cooker.
3. Use the oil remaining in the frying pan from step 2 to fry the onion, carrot and garlic from step 1. Once the onion is caramelized, add the red wine. Scrape any burnt parts off the pan and add them and the soup to the pressure cooker mentioned in step 2.
4. Turn on the pressure cooker and, once the soup comes to a boil, turn to low heat and simmer 3-4 minutes. Add the ingredients from Group B and cover with the lid.
5. Once you start to hear definite noises from the pressure cooker, turn to medium heat and pressure cook for 15 minutes. Turn off the heat and let it sit for 15 minutes. Once that time is up, release the pressure and open the lid.
6. Cut the whole onion into wedges and chop up the remaining carrot into chunks. Wipe any dirt off the mushrooms and remove the stems.
7. Heat C ingredients in a frying pan. Add the ingredients from step 6. (First carrots, then onions) and slowly fry on low heat. Finally add the mushrooms and fry them as well.
8. Add ingredients from step 7 to the pressure cooker from step 5 and boil for 30-35 minutes. Season to taste and...



Once the soup thickens, use the bottom of the pressure cooker that is tending to burn, so stir well in a spoonful once in a while. Also, note that the meat will fall apart easily.





123456789

CULTURE FESTIVAL



Iida-san,
you make
a great
witch!

Ooh!



Everyone
who's doing
advertising and
bookkeeping
is doing it.
Let's go!

Do...

Do I
really
have to
wear
this in
public?



Say a spell
or some-
thing!

You're
so stiff!
Relax!
Relax!

A...

A spell?

Ugh...
Okay...

Sign: Culture Festival





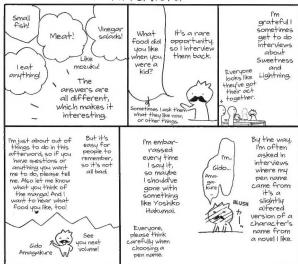




The End



Afterword



★ Thanks to: ★

KOZ-Tan GON-Chan Tsuru-San Wakayama-san M-chan

My Family

T-Shiro-sama K-Yama-sama Jun Abe-sama

Photo and Research Support: Tabegoto-ya Norabou-sama

& Cooking Advisor: Akari Taitou

And
it's that
bratty kid
Suguru!



Tsumugi's
brought
home a
boy!



Tsumugi's
boyfriend?

Daddy,
what
will you
do!?



Could
he
be...

Now appearing in Monthly good! Afternoon!

甘々と稲妻

Love stories
in lightning

5

On Sale September 2015

Sensei,
are you
okay?



